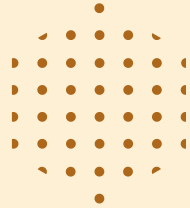


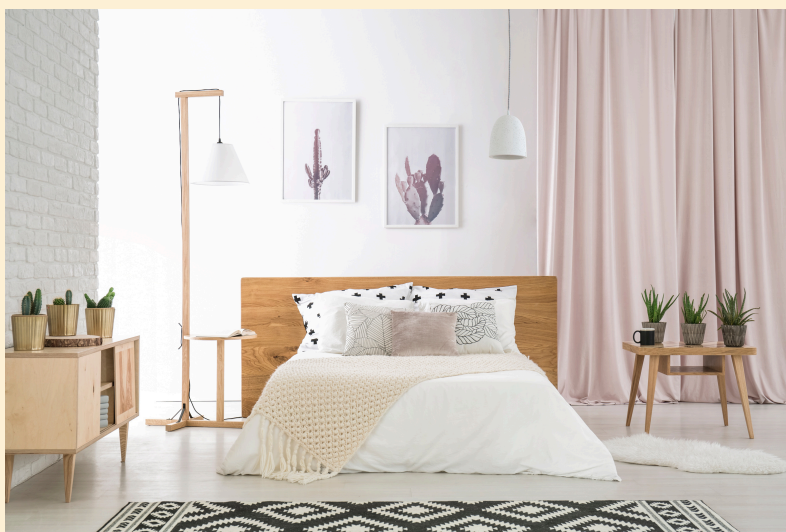
# **3 WAYS TO REST, RECOVER, AND RESTORE YOUR ENERGY AFTER AN EVENT**



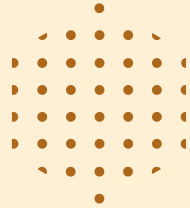
# REST: ALLOW YOURSELF TO PAUSE



- Give your body and mind permission to pause. Rest isn't indulgence—it's essential maintenance.
- Explore what rest means to you: Is it a nap? Lying in silence? A full day off?
- “Rest isn't the absence of doing; it's the art of allowing.”



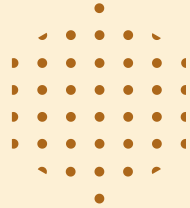
# RECOVER: REPLENISH YOUR RESERVES



- Recovery starts with nourishment: drink water, eat foods that feel good, and let your body absorb what it needs.
- Add grounding practices: stretch, breathe deeply, or soak in some sunlight.
- “Recovery is the bridge between effort and restoration.”



# RESTORE: REALIGN YOUR ENERGY



- Tune back into yourself. Reflect on what you've just accomplished, and set an intention for how you want to feel moving forward.
- Journaling or meditating for even 5 minutes can help realign your focus.
- “Restoration brings you back to wholeness.”

